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RELATIONSHIP BETWEEN SELF COMPASSION AND RESILIENCE AMONG ADOLESCENTS WHOSE PARENTS ARE DIVORCED

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Abstract

Self-Compassion is an alternative model for self-views related to the difficult life circumtances to promote resilience among adolescents (Neff & McGehee, 2010). This study was aimed at determining the relationship between Self Compassion and Resilience among Adolescents whose parents are divorced. The study has been carried out on 36 subjects, 8 are males and 28 are females which 18-21 years old whose parents are divorced in Yogyakarta, Indonesia. The study used Self Compassion Scale (Neff, 2003) adapted by Danisati (2018) and The Connor-Davidson Resilience Scale (Connor & Davidson, 2003) developed by Septriani (2017). The study hypothesized, there was a positive relationship between self-compassion and resilience. Statistical results used the Pearson Rho technique showed that there was a significant positive relationship between self-compassion and resilience (p = 0,000, r = 0,554). The relationship between the two variables showed that the higher the Self Compassion shown by adolescent, the higher the Resilience of their life.

Keywords

Self-Compassion, Resilience, Adolescent, Divorced

1. Introduction

Family is an important factor for children's personality building because family is the first environment and experience obtained by the children. One of the functions of family is to provide the feeling of security and it will function to assist adolescents during their critical period (Nafisatoor and Yulianti, 2005). However, although family is important for the children's growth and a good place for children and adolescents, unwanted situations may occur. An example of an unwanted situation that occurs within a family is divorce, and the children will experience the impact from that divorce. Most divorce occurs because of conflict and dispute between a husband and wife (Altundag & Bulut, 2014). Divorce may create sadness and the feeling of loss for children (Hadianti, 2017). The other impacts for children whom are left from divorce of the parents are sadness, fear, anxiety, the feeling of being left behind, anger, and the desire for reconciliation (Altundag & Bulut, 2014).

The researchers conducted interview on 2 adolescents subjects with divorced parent background. The result shows that both subjects had issues with this condition. Both subjects went through difficult situations, but both subjects were able to overcome this problem, although the methods of each subjects were different. Based on the interview result, both subject had the ability to adjust themselves from difficult situation although both were sad and could not accept the condition. In line with the research of Yu and Zhang (2007), that resilience is the individual's ability to adapt and adjust in difficult and traumatic conditions in life.

Asriandari (2015) said that adolescents have different responses when their parents divorce. Dagun (Asriandari, 2015) said that adolescents may have positive response when their parents divorce. These positive methods can be used as motivation for achievement and hobbies. Hatari (2018) said that resilience may help individuals in overcoming life's problems, stress, depression, and pressure, as well as problems on individuals. Hadianti (2017) also stated that resilience is important to have when parents divorce because it will be able to overcome the impacts from divorce while it is difficult to accept.

An example of resilience factors according to Ross & Fautini (Holaday & McPhearson, 1997) is when an individual experiences difficult situation, then the individual will not blame him/herself of the condition, not feel guilty, and be denial to the situation that they suffer. In line with the research of Crocker (Teleb & Awamleh, 2013) that explains that self-compassion may help individuals to not to blame themselves from unwanted situation and may provide support and interpersonal faith. Self-compassion is very relevant with adolescents' experience as in the feeling

to accept oneself and one's goodness from pressure. Individuals will normally feel isolated when experiencing many pressures, sufferings, and unwanted situations, so that the individual will feel anxious, failed, and unworthy of the situation. In unwanted situation, individual needs the feeling of love, acceptance, and self-care so that one will not blame him/herself (Neff, 2010).

2. Theory

2.1. Resilience

Connor & Davidson (2003) defined resilience as the ability to overcome stress. Resilience is important to cope with anxiety, depression, and stress reactions. Resilience may make the individuals able to adapt when faced with difficult situation, and they will be able to protect themselves after the trauma. Holaday & McPhearson (1997) said that resilience is the result of the individual's effort to adapt and adjust oneself from the experienced problem, and after that the individual will be able to continue life like normal. According to Connor & Davidson (2003), the aspects of resilience are such as personal competence, confidence, positive acceptance, self-control, and spirituality.

2.2. Self-Compassion

Neff (2003) said that self-compassion is feeling to love ourselves and the openness to the problems suffered, as well as the feeling of self-care. Self-compassion helps individuals to understand, not judge the experienced weaknesses and failures, and accept that experience is a part of life, although it is bad. Crocker (Teleb & Awamleh, 2013) said that self-compassion is important for individuals because it may help us in facing life. Self-compassion also helps us to not to blame ourselves for the uncontrollable situations and to provide support and interpersonal faith.

According to Neff (2003), one of the aspects of self-compassion is self-kindness which is the goodness for our own selves when we face unfortunate moments, so we can accept the situation. The individual will provide understanding to him/herself when experiencing pain and failure, and act critical to him/herself; a common humanity that is an individual's ability to provide understanding that everyone faces different difficult situations. The individual understands the situation and will not blame themselves from the situation. The individual will understand experience as a part of being human and prevent self-isolating; as well as mindfulness that is realized by the individual upon the difficulties they are facing, so the individual will not exaggerate the problems that they experience. Furthermore, the individual will be able to endure the pain when facing unwanted situations.

3. Research Methodology

3.1. Subject

The subjects of this research were late adolescents of 18-21 years old (Santrock, 2012) who live in Yogyakarta and come from a family with divorced parents.

3.2. Instrument

The measurement instruments used in this research were the resilience scale made by Connor & Davidson and adapted by Septriani (2017), and self compassion scale made by Neff (2003) and adapted by Danisati (2018).

3.3.1 Research Question

The research hypothesis is that there is a positive correlation between self-compassion and resilience on adolescent with divorced parents.

4. Result

The subjects of the research were 36 individuals, consisted of 8 men and 28 women. The research data was processed using statistic software.

Table 1: *Test of Normality*

Variable	Sig.
Resiliensi	0,200
Self Compassion	0,145

Based on the result as shown in the table above, it can be concluded that the data is normal (p>0,05). The resilience variable data shows p=0.200 (p>0,05), showing that the resilience data is normal. The self-compassion data shows p=0,145 (p>0,05), meaning that the self-compassion data is normal. Both variables of the research are normal because they meet the requirement of p > 0,05.

Table 2: *Test of Linierity*

Variable	F	Sig.
Resiliensi	13,44	0,02
Self Compassion		

Based on the table above, it may be concluded that it is linear because it shows F=13,44 and p=0,02 (p<0,05), while the linearity requirement is p < 0,05.

Table 3: *Test of Hypothesis*

Variable	Correlation Coeficient (R)	r^2	Sig.
Resiliensi *Self Compassion*	0,554	0,307	0,00

Based on the table above, the data shows that R=0,554 and p=0,00 (p<0,05). The result shows that both variables have significant correlation because the requirement is p < 0,05.

5. Discussion

Result of the research current shows that there is a positive correlation between self-compassion and resilience on adolescents with divorced parents. This is supported by the hypothesis test that shows that p=0,00 (p<0,05), meaning that both variables have significant correlation. This is in line with the previous research that show that self-compassion have correlation with resilience, as in the research of Permatasari and Siswati (2017) in which the result show that there is a positive correlation between self-compassion with resilience on the wife.

Self-compassion is a factor that influences resilience. The contribution of self-compassion to resilience is 30,7% and the rest is influenced by other factors, such as social support, cognitive, intelligence, and psychological resources on individuals. This is in accordance with the research of Holaday and McPhearson (1997) that a factor that influences resilience is the ability to not to blame oneself in difficult and unwanted situation. Crocker (Teleb & Awamleh, 2013) said that self-compassion is important for individuals because it may help them in life struggle. Self-compassion can also help one to not blame oneself in uncontrollable situation as well as to provide support and interpersonal faith.

The research of Smith (2015) shows that there is a positive correlation between self-compassion with resilience on elders. Self-compassion can also help individuals to protect themselves from negative stress. Neff (Smith, 2015), in his research, stated that the important thing from self-compassion is the individual's desire to improve oneself from the weaknesses. When an individual has the desire the improve him/herself, it will motivate the individual to arise from the difficult and traumatic situation (Chen & George, 2005). Self-compassion may motivate to improve oneself by improving their ability in facing various situations, because the individual will not judge oneself due to the suffered failures. The individual may respond to failure and difficult situation without growing negative thoughts (Breines & Chen, 2012). Self-compassion can provide

understanding and goodness on oneself, not judge and criticize oneself excessively (Febrinabilah & Listiyandini, 2016). Therefore, individuals with high resilience may endure when facing stress (Widuri, 2012).

6. Implication

The research is expected to be knowledge for adolescents, especially adolescents with divorced parents, that resilience can be improved if the individual has good self-compassion. The method is that the adolescents can love themselves and not blame themselves when facing difficult, traumatic, and stressful situation. Adolescents can also see a problem as something normal and reasonable that everyone faces their own problems in life. This will improve the ability to rise up from difficult and unwanted situation to adolescents with divorced parents.

7. Conclusion

This research shows that there is a positive correlation between self-compassion with resilience on adolescents with divorced parents. The higher self-compassion, the higher the resilience is. Otherwise, the lower the self-compassion, the lower the resilience is. The hypothesis of the research, that stated that there is a positive correlation between self-compassion and resilience on adolescents with divorced parents, is accepted.

8. Limitation

The weakness of this research is the limited subjects of 36 individuals. The other weakness is that the data was collected from a relatively small scope because it was taken only in Yogyakarta.

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